



The Baronial Shaff

www.al-barran.org

THE OFFICIAL NEWSLETTER OF THE BARONY OF al-BARRAN



MAY 2008 • A.S. XLII

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The Baronial Shaft

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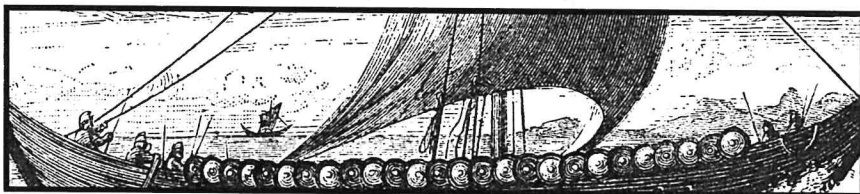


TABLE OF CONTENTS

Baron and Baroness.....	5
Chronicler	6
Seneschal.....	6
Mistress of the List.....	7
Court Dancing.....	8
In Search of a New Reeve.....	8
Scribe.....	9
GOT Autocrat.....	10
GOT Heavy Weapons Coordinator.....	11
The Curious Quill.....	12-13
Captain of Archers.....	14
Essay: SCA Consort.....	15-17
Chirurgion.....	18-23
Calendar.....	24-25
Fighter of the Month.....	26-27
Regular Activities.....	28-29
Outlands Spring Coronation.....	30
Grand Outlandish Tournament XXXV.....	31
Quest for Valhalla.....	32
Lonely Mountain Defender.....	33
Subscription Form.....	34
Citizen's Meeting and Credits.....	35

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The Baronial Court

**Sir Gregor von Münchhausen and Lady Monika the Fair
Baron and Baroness of al-Barran**

Baron's Champion	Lord Ylyndl
Captain of the Guard	THL Eirikr geirsbrjotr
Lieutenant of the Guard	Lord Demod
Guardsmen:	Lord Kassar Nacoy, Lord Kaz de Rhode, Bardolf Gunvaltson, Igar
Pages	Joseph Rabson, James Einarson
Captain of the Condotierri	Lord Traithgren McCormick
Lieutenant of the Condotierri	Lord Cuinn McEwen
Condotierri	Lord Treithgren, Lady Saeloman of Erlinstar, Kendrick MacPherson, Felix Sarazin
Chamberlaine	Lady Elanor O'Halloraine
Ladies-in-Waiting	THL Kathws Rusa, THL Aigiarn Aljin, Lady Cristin, Mearan, Lady Ia of Basel, Lady Solveig Hakonsdottir, Lady Ailish ni Talluir, Lady Alanna, Lady Bevin
Handmaidens	Squirrel McQuillin, Hannah, Jennifyr, Mermary
Sheriff	Lord Bjorn Thunarvin
Master Swordsman	THL Lord AErkan Araxes
Premiere Blade	Don Ulrich Krieger
Lord of Outlandish	THL Lord Boleslav
Lady of May	Lady Astridr Halfdanardottir
Outlandish Blade	Lord Óengus mac Conchobhair
Flower of Chivalry	Don Charles Robert Blackstone
Rapier Flower of Chivalry	Don Govanen Blackwell
Bard of al-Barran	Godfrey Tancredsqire
Protector of the Baroness's Heart	Kendrick MacPherson
Champion Archer	Lord Djurig von Aukring known as Druid
Baronial Arts and Science Champion	Sir Bohemond



From the Baron & Baroness

To all al-Barran Greetings: By the time this comes out THL Boleslav Ragnarsson Lady Astriðr Hálfðanardóttir and will be our new King and Queen, Huzzah! May their reign be untroubled and allow them to further the glory of the Outlands.

We want to thank all who helped with the clean up for Outlandish and getting the site ready for a fantastic Grand Outlandish. It was exciting to see all of the people that were there. Thank you!

Grand Outlandish is this month. Please volunteer a little bit of your time when you can to help make this event fun for everyone. The schedule of tournaments, melee fighting, archery and A&S classes is full of great and glorious fun for everyone. The Baroness of al-Barran will once again be holding a tea for anyone who wishes to attend. There will be merchants and of course siege cooking. Please go to the Outlandish web site for more information and a preview of the event schedules. It's going to be...well...A Grand Time!!!

We are planning a fun filled summer of events including Quest for Valhalla, Lonely Mountain Defender and Clan War "The Clan that Wasn't". For those of you who can go with us, lets go and have some fun!

Please remember to travel safe, camp safe, and party safe, so that we all can do this for many years to come.

Gregor
Baron

Monika
Baroness

From the Chronicler



The Baronial Shaft

CALENDAR FUNDRAISER

We will be having a calendar fundraiser in 2008 for 2009 calendars. We'll have **THREE** versions to choose from:

Life in al-Barran, WAR!: Fighting in al-Barran, and a special edition calendar that you will have to see to believe! Right now I am requesting the wonderful citizens of al-Barran to submit photos for the calendars.

So if you have any cool A&S or fighting photos, please send them our way. For more information you can contact Lady Teresa MacDuffie at (505) 299-0950

In Service,

Lady Teresa MacDuffie

From the Senechal

Greetings unto the mighty Barony of Al-barran. Once again it is time to make your repairs and muster yourself to the list field. The tourney for May will be traditional Sword and Shield, which should well prepare you for the list field at Grand Outlandish! It will be a single fight, double elimination tourney starting at approx. 11:00 a.m. on May 18th. To enter there will be a \$1.00 entry fee and you must have a current combat authorization card.

The entry fees will be donated to the baronial coffers. As always, it is highly encouraged that you wear a lady's favor and display your heraldry upon the field! So make ready mighty warriors of Al-barran and claim the field as your!

Also, this is just a reminder that the cut off for Midwinter bids will be May 31, 2008. The NM Expo has been secured for the event so a site will not be needed for your bid.

If you have any questions please feel free to contact me.

YIS,

*Sir Seth Williamson of Exeter
Seneschal of the mighty barony of Al-barran*

From the Mistress of the List

What a great month! Each Sunday I held lists classes at fighter practices. Students were encouraged to bring character names for mock tourney lists. We then made out the cards, drew each round and recorded the results. It was a lot of fun and a good way for them to grasp the idea without the going-on of an actual tourney and it only took one hour instead of 2 or 3 or more. I have been meeting and coordinating with the tournament coordinators for Grand Outlandish xxxv. This is going well. We have a full schedule and almost all tourneys have double lists coverage. Today Sunday April 20th we had a monthly prize tourney at fighter practice. The tourney was fought best 2 out of 3, double elim. single sword over a barrier. 10 fighters entered the list and one bye fighter.

The Dark Overlord Brennan, Lord Li, Lord Merak, Lord Bardolf, Barnheart, Lazar, Earl Mordygan, Lord Antirus, Lady Salomea, Sir Trevor and Don Charles fought the byes, nondestructive.

Sir Seth was Marshal and Herald m'lady Alexis was card runner and m'lady Karen assisted with the list. Thank you to all the fighters who entered the list and those who volunteered their time to assist with the tournament. His Excellency Earl Mordygan was the victor and Lord Li was second. Each received a new sword! The winner of each monthly tournament in al-Barran will fight at al-Barran's Champion event in a tournament of winners. The Month of May promises to be full of fun and planning as we prepare for Grand Outlandish XXXV. If you want to volunteer for GOT XXXV please contact me or any coordinator or the autocrat, THLord JT. I am still looking for a drop-dead deputy. If you are interested in this position as my deputy please send myself and Sir Seth a letter of intent.

In Service to the Barony,

Lady Bevin

Court Dancing

There will be a Court Dance practices at fighter practice on Sunday, May 18 at Bataan Park, from 12:00 to 2:00pm. Everyone, age 7 and up, is welcome at our court dance practices. Bataan Park is at the NW corner of Lomas and Carlisle. Court dance practices at Blaiddwyn are led by Lady Dovey on the 1st and 3rd Monday evenings during the regular school year, on the top floor of the Student Union Building at UNM, 7-9pm. You can email Lady Dovey at alzarqa13@yahoo.com.

For more information concerning court dancing in al-Barran, please contact Lady Jayne at 293-7453 or krege@aps.edu or join the al-Barran Music and Court Dance discussion list at http://groups.yahoo.com/group/alBarranMusic_Dance/

This free yahoo discussion list will give you the latest information concerning dance practices and Scorpion Scales music practices in al-Barran.

Yours in service to the dream,
Lady Jayne Barber

In Search of a New Reeve

I have finished the Doomsday for 2007 and everything balances. If you wish to see it please let me know and I can either send you an Excel file or print off a hard copy for you.

I am looking for deputies. If you are interested please send your resume to me and the Seneschal.

There will be gate classes at the park on the following days starting at 12:30 weather permitting:

April 27th
May 4th

If you are interested in helping out with Gate duties at any event I suggest that you take the classes. The more people that I have the less work it will be for all.

Lady Sile inghean Duibh Darach
Reeve

From the Scribe

Greetings. First off, I am please to announce that I now have a deputy who will take over for me upon my retirement, which will be in the next few months. Lady Brighid, a highly skilled and distinguished scribe of our fair barony has graciously volunteered to be my successor. I am certain that she will do an outstanding job.

At Kingdom A&S, two of our al-Barran scribes completed scroll for the Crown of the Outlands. Mistress Monika and Mistress Cailte both turned in their amazing works of art.

It has been a while since we had much in the way of assignments for baronial scrolls, with so few events here lately, but Grand Outlandish looms, and that means that numerous local scribes will have the chance to showcase their great talents and show the entire kingdom what they can do. By attending court, you will be among the first to see the amazing abilities of the scribes of our great barony.

Keep your equipment in good repair.

Semper Vigilans,
Michael M'Quilline
Scribe of al-Barran

From the Grand Outlandish Autocrat

The time has come for us to hoist our sails and plot our course for Grand Outlandish XXXV. Their Excellencies Gregor and Monica do request you to sharpen your cutlass and prepare your boarding parties for this years Nautical theme which is sure to have something to please everyone's taste. You can be sure to see:

ROAMING SHIP BATTLES
SIEGE COOKING (LIKE NO OTHER)
BOARDING PARTIES BATTLES
MERCHANT SHIPS FROM AROUND THE WORLD
WORLD CLASS ARCHERY
AND FIELD GAMES FOR ONE AND ALL.

Site Fees are as follows:

Early arrival from Wednesday is \$25.

Thursday through Saturday arrival is \$20.

Sunday arrival only \$10.

Family Cap PRE-REGISTRATION ONLY (2 adults and any children under the age of 18):

Wednesday arrival \$65

Thursday through Saturday arrival is \$50.

No Family Cap for Sunday arrivals.

Children's fees ages 6-17 Wednesday arrival \$15

Thursday through Saturday arrival \$10

Sunday arrival is \$5

There is the \$3 non-member fee for any day arriving.

Please see the Grandoutlandish.org site to pre-registration for the event and for more information.

So make your plans to weigh anchor and set course for the rolling grassy plains of Torrance County Park from May 22nd at 12pm through the 26th at 12pm. So, come along and enjoy al-Barron's Hospitality and a little Pyrate Mischief.

EDL J E Whoreschum
505-315-6095

From the Heavy Weapons Coordinator of G.O.T.

The God's have smiled upon my past feats of Glory and Valor. They deemed me worthy for some reason, and now I send you this dispatch. Tengri Lord of Heaven and Earth the Mongol God, has smiled upon us all at this time and place. Behold!!! I have had a vision! I see the vanquished feeding the ravens. I see the Victors indulgent with the spoils of War. The desert lands of al-Barran grow plush from the blood-letting. Desert flowers bloom in the Carnage. Suddenly my vision fades ... and is gone.

Do you desire the Glory and fame, that come from standing over the vanquished? Do you have the Sea Legs it is going to take to be Victorious at this years GOT. If truly, you have the Heart, the Prowess, and the Sea Legs the desert lands of al-Barran is the place for Maritime Mayhem. We will have traditional battles such as 30 year war, Stag's Blood vs. the world, a ship battle(better have your sea-legs), woods battle, open field battle, and a single sword melee. Let's not forget Tournaments such as the Lord of Outlandish, Citadel speed, Templar torch-light, Landed Barons, and a Bannerette sponsored by the college of Blaiddwyn. So make your way to al-Barran for G.O.T. and bring your Sea-Legs, because you will need them.

Badai

**DO YOU HAVE AN SCA-RELATED BUSINESS?
ADVERTISE IN THE BARONIAL SHAFT TODAY!
ADS START AT \$5.00!**

Call Lady Teresa at (505) 299-0713 for more information

The Curious Quill

By Jacquette du Champ



Potager gardens are French gardens that contain small plots of different edibles that are planned to give a continuous harvest. Le potage means “the soup”. The basis for any soup is a good stock. Which to the French is “fond du cuisine”, the foundation of cooking. In medieval times every family had their small “kitchen garden”. Since space was at a premium, most serfs were given only small personal plots, a lot was packed into a small space. The garden area had raised beds or beds defined by border plants. Every bed was well planned and rotated to keep small seedlings going as well as harvesting adult plants. In the morning plants were harvested for the noon meal. In the evening a quick walk through the garden to watch for plants that needed to be harvested. Monks in the Abbeys, and nobles in their chateaus all had potager gardens.

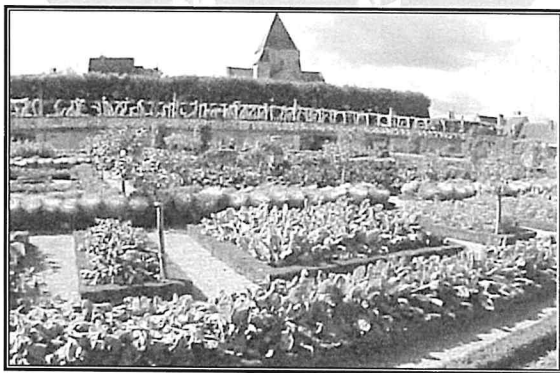
Potagers were a tapestry of colors and shapes, combining herbs, flowers, fruits and vegetables. The concept was a daily mixed harvest for the family. Herbs played an important role in the medieval garden. They were used medicinally, as charms (stuffed in keyholes or in shoes to ward off illness) and extensively in cooking. Heavy seasoning with herbs and some spices was the general rule. The reason for the lavish spicing of food is that they disguised the flavor of unpalatable meat and fish.

The climate in France varied both regionally and seasonally so

plant types varied. The medieval plants tended to be tough and fibrous so knowing when to pick was very important. The French melons such as charentais, has no flavor if unripe and is fibrous and fermented if overripe. Chervil, which appears in almost all French foods, is so perishable it is still rare at markets today. Since so many of the plants were tough, the French devised a technique known as field blanching. This technique excluded light from the part or all of the plant to reduce the vegetable's strong taste. Vegetables that have been field blanched are lighter in color and more tender. Asparagus, cardoon, celery, dandelions, some lettuces, the chicories (endive), radicchio and escarole were most commonly field blanched.

The French gardening style differed from the English in complexity and formality. A "jardin a la francaise", is very organized and well planned. In the Abbeys the monks grew vegetables in geometrically shaped raised beds. They can still be seen at the Chateau de Villandry. The French were also known for gardens that were ostentation displays of wealth and power. This began in the middle ages and grew into some of the most beautiful gardens in the world, such as "Potager du Roi" and the renowned gardens in Versailles which date back to the 16th century.

Today a staggering 23% of the French people depend on their potager gardens for vegetables. A potager garden is easy to plant and care for. Fresh vegetables and herbs are by far more tasty and it is cheaper to grow your own. J'aimerais un jardin potager.



From the Captain of Archers

Greetings unto All, I am pleased to announce that archery is still alive and well in this fine Barony of al-Barran. I hope you all enjoyed the archery at Cuban Ballista Crisis part duex. Most importantly, with the coming of fine spring, our practice information is changing. We will regularly have two practices a month: Weeknights on Wednesdays from 5ish till just prior to dusk. Location is our in-town range hosted by Sir Stefan and weekends on Saturdays at 10 am beginning May 3. Location is Sir Tore's range in the East Mountains. What is this for? Weekly practice to sharpen your skills for the range and the field. As the days heat up, you will enjoy it out there! Carpooling to this practice is encouraged. Directions are below:

Master Tore's Range: East Mountains

Directions: From Albuquerque, take 1-40 Eastbound. Exit at Tijeras and go South (Right Lane). At the stop light, go straight, onto Highway 337 (old South 14). Go about 10 miles through Cibola National Forest. At mile marker 20 (Village of Yrisarri) look on your right for Woodpecker Road. Turn onto the second (South one) Woodpecker. Master Tore's is the first property on your left. Parking is available at the top of the property.

Sir Stefan's Range: 2407 Broadway NE, just south of Menaul

Directions: Immediately South of the pink apartments on Broaway. Park at the business on the Southwest corner of Broadway and Menaul. To get to the archery field, head West along the utility easement immediately NORTH of the driveway (and South of the pink apartments), along side the fence just to the South and one should find themselves in the back field.

Therefore I look forward to seeing all of al-Barran's archers coming out to practice in preparation for Grand Outlandish, at the end of this month. Our good lord, Druid Aukring, is busily preparing this year's archery at Grand Outlandish. He promises it will lots of fun, with an enchanted roving hunt (beware of Wharerat) and plenty of fun activities on the static range for the experienced archer and a tourney for the novice (a.k.a new or youth).

YIS

Lady Lyneya del Filde

Brief Essay on the SCA Consort

By Lady Wu Xi Lian (m.k.a. Marina M. Colón)

SCA PURPOSE: Historically, there were many types of consorts; subsequently they filled many roles for their champion and their kingdom. European history speaks of Queen Consorts, Prince Consorts, Queen Dowagers, and Queen Mothers. Each of these titles indicates a specific placement in court, resulting in a different expectation of their role in court participation. The common denominator being that there is typically only ever one individual recognized with that position of power, and is generally shown as being a female. In Asiatic countries, as well as ancient Greece, this is not always the case. Many countries had kingdoms with numerous consorts, as the king was expected to expand his seed through many avenues. This gave the consort the specific role of child bearer, with little to no role in court participation.

The historical game as we play it is less based in history, and more based in romantic ideals as we see them. This is apparent in many ways of our “society” but most prevalent in the activity and treatment of women. In how we play this modern game, women are an integral part of all aspects of the planning and implementation of play. Comparatively, in history the consort was not formally included in any decision making process, even when their position was constitutionally or statutorily recognized. The consort had no real power, except that which they were able to wield over their spouse. The very calculating or intelligent consort could exert considerable power over their spouse, and many have done so. In the SCA, consorts are projected to be active participants from the moment they process onto the list field.

For the purposes of this essay and how I choose to play the game, I consider the role of the consort the same regardless of any royal title or obligation. On the throne or not, the consort has a basic set of duties and function. In how I play the game, the role of the consort can be whittled down to serving four basic functions for the fighter:

Inspiration – giving your fighter the courage to take the field and accept the pain of combat.

Caretaker – to ensure that the fighter is prepared physically; from water, to nourishment, to tape for broken swords.

Nurse – to tend to the immediate medical needs of the fighter.

Coach – to maintain your fighters’ mental state.

Similarly, I embrace the following important functions of the consort for the benefit of the kingdom and populace:

Inspiration – to inspire the populace to really get into the game, forget their mundane lives, and appreciate the traditions, rituals, and beautiful ceremony that are all a part of the way we play.

Teacher – acting as an advisor, coach, and recognizer; to educate the populace to the rules, traditions, and opportunities and creativity of the SCA, as well as acknowledging deserving individuals for their accomplishments.

Guardian – being entrusted for the care and concern of all members of the populace.

Example – being a leader and model of standards in virtues, behavior, and honor.

FAVORS & ACTIVITY

"The origin of the custom of favors or tokens is obscure, but there are many references to them in the literature of the Middle Ages. A lady might give a scarf, a sleeve (they were easily detached), a jewel, or some other such personal item to a knight who was riding off to battle or to a tournament. In some cases the battle or tournament was to be fought for the lady's own sake, as in the case of a judicial duel."

-Donal Mac Ruiseart, On Favors

In our Current Middle Ages favors take many forms. They can be beaded, embroidered, painted, tooled, or any other variety of artistic expression honoring ones heraldry or personal interests. I prefer the classical method of giving my fighter a piece of my everyday life, by giving him an article of clothing or accessory from my person. By doing so, my fighter and I are brought closer together in the intensity of combat. My fighter brings a representation of me onto the tourney field or melee field with him, and I watch him take my favor into battle – knowing that he feels safe and secure with a physical symbol of my support, concern, and respect for his actions.

I have been known to give my fighter anything from a scarf, to a flower from my hair, to a cloth belt or sash from my garb that day. The most often seen is a leopard print scarf pulled from my mundane wardrobe. While this is something unconventional from an SCA perspective, it is very important to me as a consort to do this. Because I view hardsuit fighting as being very real and very dangerous, I feel it is important to give my fighter the utmost respect and honor for his gesture and abilities. His gesture being the willingness to take the field and put himself in very real danger on my behalf, his abilities being the strength and fortitude to endure the blows dealt upon him.

In a tournament setting, I prefer to stand ringside and watch every fight my fighter encounters. Be it a competition for a royal position or a local champion, my fighter has asked me to support him in his decision to engage in combat. I do so willingly, as I appreciate and respect his decision to fight. In a melee, I cannot be physically close to my fighter. In fact, because my particular fighter stands in the shadows of the many altitudinous fighters in the game, I typically cannot see him at all! For this reason and more, I try to be nearby to support him, but at least send him out to battle with my favor and the knowledge that I will be there for him upon his return.

At the end of the day, both fighter and consort recognize the important role we each play in the game. The fighter would not have been able to make it through a tournament or war scenario without the support of the consort. Reciprocally, the consort would not completely understand the levity of their position as a consort without appreciating how much the fighter went through to make it through the day.

SUMMARY

In the end, all of these little pieces add up to the whole package or big picture. The whole package being a well rounded consort, one that is thoroughly prepared to take on the position of royalty, peerage, or simply inspiration to other consorts. Representing the populace or your kingdom is a large weight to bear and takes a lot of commitment, determination, and attention to detail. Ability to handle these responsibilities is the making of a great Royal, and the culmination of experience as a seasoned SCA Consort.

RESOURCES & FURTHER READING

www.merriam-webster.com

www.womenofhistory.blogspot.com

Queens and Queenship in Medieval Europe, Edited by Anne J. Duggan
Gendering the Master Narrative - Women & Power in the Middle Ages, Edited by Mary C. Erler & Maryanne Kowaleski

Queen Consorts – The Common People and Modern Populism, by
Melissa Mowry

Camping Tips From the Chirurgeon

U nto the populace of al-Barran, Greetings. Being that we are heading into the camping season, I thought I would offer some tips on surviving outdoor SCA events.

First, we all know about staying hydrated, but you should also remember snacks too. Drink too much water and don't put enough sodium/salt back in and you can sweat out enough to make yourself just as sick as if you were dehydrated. This is known as "hyponatremia" or "low salt". If you're taking a diuretic or "water pill" you have to be even more careful. People who are regularly out in the heat are far less likely to be affected by this, as their bodies are conditioned to conserve electrolytes, but folks who spend most of their time indoors with the AC are less conditioned to conserve and will lose more electrolytes in their sweat. Now this does NOT mean you need to take salt tablets or carry around a salt lick. Most snack foods have enough sodium to keep your levels up. Those yummy pretzels that the waterbearers have are a great source of sodium.

Another concern at camping events is burns, especially if we're lucky enough to have fires at any events this year. Also propane lanterns and stoves have been known to turn into fuel-air explosives.

There are three types of burns based on their severity and how deeply the skin/tissue is affected.

Superficial burns:

These involve only the outer layer of the skin, and are characterized by redness, swelling and tenderness. Typical examples are mild sunburn, or a scald produced by a splash of hot tea or coffee. Superficial burns usually heal well if prompt first aid is given, and do not require medical treatment unless extensive.

Partial-thickness Burns:

These damage a 'partial thickness' of the skin, and require medical treatment. The skin looks raw, and blisters form. These burns usually heal well, but can be serious, if extensive. In adults, partial-

thickness burns affecting more than 50% of the body's surface can be fatal. This percentage is less in children and the elderly.

Full-thickness Burns:

These damage all layers of the skin. Damage may extend beyond the skin to affect nerves, muscle and fat. The skin may look pale, waxy, and sometimes charred. Full-thickness burns of any size always require immediate medical attention, and usually require specialist treatment.

Treatment of Minor Burns and Scalds:

DO NOT use adhesive dressings.

DO NOT break blisters, or interfere with the injured area.

DO NOT apply lotions, ointments, creams, or fats to the injured area.

* Cool the injured part with copious amounts of cold water for about 10 minutes to stop the burning and relieve the pain. If water is unavailable, any cold, harmless liquid such as milk or canned drinks will suffice. Ice or ice water can cause frostbite with extended application and should NOT be used for long term cooling of burns.

* Gently remove any jewelry, watches, or constricting clothing from the injured area before it starts to swell.

* Cover the injury with a sterile dressing, or any clean, non-fluffy material to protect from infection. A clean plastic bag or kitchen film (ie: Saran Wrap) may be used.

Treatment of Severe Burns and Scalds:

The priority is to cool the injury; the longer the burning goes unchecked, the more severely the casualty will be injured. Resuscitate the casualty only when cooling is underway. All severe burns carry the danger of shock.

DO NOT overcool the casualty; this may dangerously lower the body temperature.

DO NOT remove anything sticking to the burn; this may cause further damage and cause infection.

DO NOT touch or interfere with the injured area.

DO NOT burst blisters.

DO NOT apply lotions, ointment, or fat to the injury.

- * Lay the casualty down, protecting the burned area from contact with the ground, if possible.

- * Douse the burn with copious amounts of cold liquid. Thorough cooling may take 10 minutes or more, but this must not delay the casualty's transmission to hospital.

- * While cooling the burns, check airway, breathing, and pulse, and be prepared to resuscitate.

- * Gently remove any rings, watches, belts, shoes, or smoldering clothing from the injured area, before it starts to swell. Carefully remove burned clothing unless it is sticking to the burn.

- * Cover the injury with a sterile burns sheet or other suitable non-fluffy material, to protect from infection. A clean plastic bag or kitchen film may be used. Burns to the face should be cooled with water, not covered.

- * Ensure that the emergency service is on its way. While waiting, treat the casualty for shock. Monitor and record breathing and pulse, and resuscitate, if necessary.

Burns to the Mouth and Throat:

Burns to the face, and burns in the mouth or throat are very dangerous, as they cause rapid swelling and inflammation of the air passages. The swelling will rapidly block the airway, giving rise to a serious risk of suffocation. Immediate and highly specialized medical assistance is required.

Treatment of Burns to the Mouth and Throat

- * Contact EMS. Report suspected burns to the airway.

- * Take any steps to improve the casualty's air supply, e.g., loosening clothing around the neck. Give the casualty oxygen if you are trained to do so.

- * If the casualty becomes unconscious, place in the recovery position, and be prepared to resuscitate.

Bites and stings from snakes, insects and spiders are a big concern, especially with the possibility of an allergic reaction. If you know that you have an allergy to any type of insect bite or sting, consult your doctor about getting an "Epi-Pen". These simple devices are available for adults and children and can literally be life

savers in an emergency. You should also make sure that your camp mates know about your allergy and that at least one other person that you trust should know how to administer your epi-pen if you are unable to.

Immediate Treatment for insect bites/stings:

(These instructions do NOT apply to snake bites! See more info below)

- * Wash bite/sting area well with soap and water.
- * Place an ice pack or cold compress on the wound intermittently (15 minutes on and 15 minutes off). Never place ice directly on the skin.
- * Elevate and rest the wounded area to decrease swelling. Do not use heat.

Normal reaction:

Within minutes a small red area appears at the site of injury, gradually surrounded by a whitish and a reddish flare. A wheal or raised area forms that may itch, be hot to touch, and feel irritated. These symptoms usually subside in a few hours except from the bites or stings of a few creatures.

Watch wound for several days for increasing pain, persistent swelling, or any other symptoms outside the immediate area of injury such as flu-like symptoms or fever. If these symptoms occur, contact a physician immediately.

Observe for signs of severe allergic reaction:

Wheezing, difficulty breathing or rapid, severe swelling, abdominal cramps, vomiting, dizziness, chest tightness, hoarseness, or blue discoloration to lips. If these signs occur, go to an emergency room or consult a physician immediately.

Victims especially at risk for complications are children under three years of age, heart patients, diabetic patients, elderly or debilitated patients, and persons with allergies. Multiple stings/bites, especially to the neck and head, may be particularly serious. If there is ANY doubt, CALL EMS AT ONCE!

Snake bites:

There have been many snake bite remedies offered over the years. Recent studies have concluded that the following protocols are best:

Stay calm, get safely away from the snake, and have someone call 9-1-1 (or the emergency number in your area). The less the victim moves the bitten site, the less likely the venom will be spread through the body and cause damage.

Have the victim lie down with the affected limb lower than the heart. Keep the limb immobilized. If practical, splint the limb.

Treat for shock and preserve body heat.

Remove any rings, bracelets, boots, or other restricting items from the bitten extremity. (It WILL swell.)

Apply a light constricting band about 2" above and below the bite, however never place the bands on either side of a joint (such as above and below the knee or elbow). This band should be made up of wide, soft material, which could be a handkerchief or shredded clothing. The band should only be as tight as the band the nurse applies when taking a blood test.

NOTE: The purpose of constricting bands is to restrict lymphatic flow, not blood, so they should not be too tight. Check pulses below the bands and readjust the bands as necessary when they tighten due to swelling.

Wash the bite with soap and water (if available).

If the victim has to walk out, sit calmly for 20-30 minutes to let the venom localize at the site, then proceed calmly to the nearest source of help and try to avoid unnecessary exertion which will stimulate circulation of the venom.

Get the victim to definitive medical care for antivenin, which will provide the greatest relief from the toxic effects of the bite.

ACTIONS TO AVOID:

DO NOT cut the bite. The additional tissue damage may actually increase the diffusion of the toxins throughout the body.

DO NOT apply a tourniquet. Such action can result in the loss of the limb.

NEVER try to suck out the venom by mouth. You can try the suction cup in a snakebite kit if it doesn't delay other needed treatment. Suctioning seldom provides any measurable advantages, however.

DO NOT apply cold and/or ice packs. Recent studies indicate that application of cold or ice makes the injury much worse.

Do not handle biting or stinging creatures. However, when possible, save the animal for later identification. Emergency rooms do not like live specimens! Identification may be important for the treatment and for predicting diseases these creatures may carry. Do not waste time trying to catch snakes.

As always, never be shy about hollering "CHIRURGEON!" at any time you think you might need one of us. At events like Grand Outlandish, we will have radios and can be contacted by other event staff. If there is an emergency that merits calling EMS, let the Autocrat or Chirurgeons know ASAP as we will be prepared to get EMS personnel where they need to be in the most efficient manner.

If you would like to become a Chirurgeon, or just want to know more about Chirurgeoning, please feel free to contact me by e-mail at chirurgeon@al-barran.org, or by phone at 505-553-8912

Yours in Service,

Giarna Seán mac Ruaidhrí Uí Ceallachán
Baronial Chirurgeon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 - Fighter & Rapier Practice	5 - Gammer Gurton's Needle - Blaiddwyn Court Dance Practice	6 - Blaiddwyn Populace Meeting	7 - Scribes' Workshop - Blaiddwyn Fighter Practice	
11 - Fighter & Rapier Practice	12 - Blaiddwyn Bellydance Practice	13	14 - Scribes' Workshop - Blaiddwyn Fighter Practice	
18 - Fighter & Rapier Practice - Court Dance Practice	19 - Gammer Gurton's Needle - Blaiddwyn Court Dance Practice	20 - CITIZEN'S MEETING	21 - Scribes' Workshop - Blaiddwyn Fighter Practice - GRAND OUTLANDISH	- G OUTLA
25 - Fighter & Rapier Practice - GRAND OUTLANDISH	26 - Blaiddwyn Bellydance Practice - GRAND OUTLANDISH	27	28 - Scribes' Workshop - Blaiddwyn Fighter Practice	

DO YOU HAVE AN EVENT YOU WOULD LIKE TO ADD?

Email your event to chronicler@al-barran.org

A.S. XLII

DAY FRIDAY SATURDAY

1	2	3 - Westside Fighter Practice - Archery PracticeE
8	9 - Weaving Knowledge	10 - Archery Practice
15	16	17 - Westside Fighter Practice - Archery Practice
22 GRAND NDISH	23 - ARTICLES & ARTWORK DUE FOR BARIONAL SHAFT - GRAND OUTLANDISH	24 - Archery Practice - GRAND OUTLANDISH
29	30	31

LIKE TO POST?

barran.org

MAY

21-26 Grand Outlandish*

JUNE

27-29 Quest for Valhalla*

JULY

10-13 Lonely Mountain
Defender*

AUGUST

22-23 Clann War*

** ATTENDED BY ONE OR BOTH
OF THEIR EXCELLENCES*



Birthplace:

Kingdom of Atenveldt

Home:

al-Barran, Outlands

Shield Size: 24" x 36"

Sword Size: 32"

Height: 5' 9"

Weight: 200 lbs

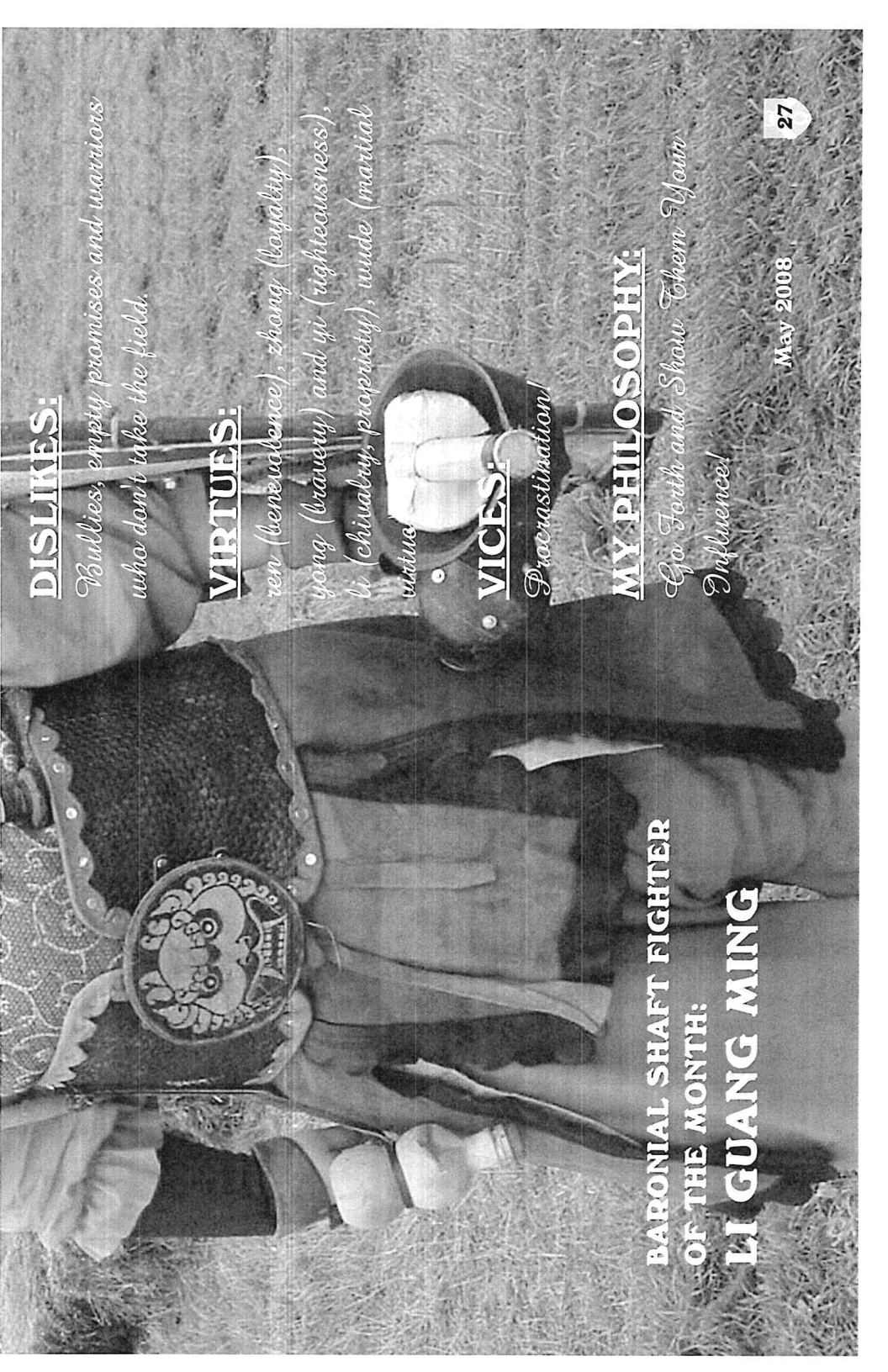
AMBITIONS:

To achieve and over come today, to live in the moment.

LIKES:

The via virtues, a solid fight, and those who strive for self excellence.





DISLIKES:

Bullies, empty promises and warriors who don't take the field.

VIRTUES:

ren (benevolence), zhong (loyalty), yong (bravery) and yi (righteousness), li (chivalry, propriety), wude (martial virtue)

VICES:

Procrastination!

MY PHILOSOPHY:

Go Forth and Show Them Your Influence!

**BARONIAL SHAFT FIGHTER
OF THE MONTH:
LI GUANG MING**

May 2008

Regular Activities

Blaiddwyn Dance Practice: Every Monday starting at 6:00pm outside Carlisle Gym. We alternate between court dance and belly dance. The first and third Monday is court dance. Bring a drum on the second and forth Monday for belly dance. Contact: Lady Dovey by email at alzarqa13@yahoo.com.

Blaiddwyn Populace Meeting: 1st Tuesday of every month, 7:00pm at the Frontier Restaurant across from UNM at Central and Cornell. All are welcome to this business meeting for the College. Contact: Lord Rab, 362-6032 or by email at sca@unm.edu.

Court Dance Practice: There will be a Court Dance practices at fighter practice on Sunday, May 18 at Bataan Park, from 12:00 to 2:00pm. Everyone, age 7 and up, is welcome at our court dance practices. Court dance practices at Blaiddwyn are led by Lady Dovey on the 1st and 3rd Monday evenings during the regular school year at the SUB at UNM, 7-9pm. For more information concerning court dancing in al-Barran, please contact Lady Jayne Barber at 293-7453 or kreg@aps.edu or join the al-Barran Music and Court Dance discussion list at http://groups.yahoo.com/group/alBarranMusic_Dance/

Gammer Gurton's Needle: The study and application of embroidery, lace, and other needlework techniques. GGN meets on the 1st and 3rd Thursdays. Contact: Lady Rosamond at 865-9082 or ldyrosamond@msn.com OR THL Delia the Rose of Thorncastle at 232-7946 or HLDelia@aol.com.

al-Barran Youth Team: This team meets to discuss youth activities, plans and important information for youth and parents in al-Barran. There is also a local discussion list for al-Barran youth, parents and volunteers. To join this free yahoo discussion list, go to http://groups.yahoo.com/group/al-Barran_Youth_and_Parents/ Please contact Lady Jayne Barber at kreg@aps.edu or 293-7453 for additional information.

Scribes' Workshop: Bring a project or come to learn about Calligraphy and Illumination. Scribes gather Wednesdays at 6 p.m. and the workshop now roves around the Barony. Please contact Ymanya at 881-4413 or maramaata@aol.com for meeting location, directions or other questions.

Intro to Bellydancing for Timid Folk: Tuesdays from 6:30 to 8:30 pm at 410 Columbia SE. Contact Lady Saeloman at 265-5319 or spitfiyre@yahoo.com for more information.

Citizens Meeting: 3rd Tuesday of every month, 6:30 pm at The Manzano Mesa Multigenerational Center at 501 Elizabeth St SE, Albuquerque, NM. Directions: Take I-40 to the Eubank Blvd exit. Turn South onto Eubank. Continue on Eubank past Central and turn left onto Southern Ave. The Manzano Mesa Multigenerational Center is at the corner of Southern and Elizabeth, parking is on the back side. Contact: seneschal@al-barran.org.

Fighter Practice: Sundays, 11 am to 4 pm, at Bataan Park; the park is on the north side of Lomas just west of the Lomas & Carlisle intersection. Contact: THL Chinua, 220-3136.

Rapier Practice: Sunday afternoons at Bataan Park; the park is on the northside of Lomas just west of the Lomas & Carlisle intersection. Contact: Ld. JT Whoreschum, 304-3391.

Westside Fighter Practice: First and third Saturdays from 11am to 1pm and Tuesdays from 6pm to 8pm at Snead Park in Rio Rancho. Directions: Take Paseo Del Norte west to Golf Course. Go north on Golf Course to Southern and turn left. Turn right on Nicklaus and go 2 blocks to Casper. Turn left on Casper and go 2 blocks to Snead Loop. The park is half way down on the left. Contact: Sir Chinua (knight-marshal@al-barran.org) or Aimara Baratzuri (aheartgule@gmail.com).

Archery Practice: Held every Saturday at 10AM at Master Tore's and Wednesday at 5ish PM (beginning 4/2) at Sir Stefan's. Contact: Lady Lyneya del Filde for directions and additional information by email at archery@al-barran.org.

Blaiddwyn Fighter Practice: Held on Wednesdays starting at 7:00 pm. Fighter practice is held on Johnson Field. Directions: Go west from Redondo and Yale and turn right into the first parking lot, traverse the length of the parking lot and to the right: go up between Northup hall and Carlisle Gym. Fighter practice will be on the left. Please note: According to the UNM

Parking website they will be enforcing parking regulations until 8 pm. Contact: Josh, the Blaiddwyn Knight Marshal, by email at kobbie44d@msn.com.

Newcomers Household Meeting: Held at 2830 Florida NE at 6:30pm. These are informal meetings to discuss/learn about various subjects such as preparing for a camping event, the meaning of honor, how to make a T-tunic, protocol, etc. A newcomer is being defined as a member for less than 2 years, but all are welcome. Contact THL Christopher Blackwood at 872-2994.

Weaving Knowledge Exchange & Workshops: Third Friday of every month at 7 pm at Lady Monika's house. Contact: Lady Monika at 323-5569 for more information and directions.

Outlands Spring Coronation

Barony of Unser Hafen

May 10th-11th, 2008

Trinity Lutheran Church

3000 35th Ave Greeley CO 80634.

Site Fee: Adults: \$10, Children from 6-12 years: \$4, under 6 free. Paid reservations (see above) qualify for a \$1 discount. A \$30 family cap for families (parents and children) applies.

Remember, if you cannot prove membership at the door an additional \$3 non-member surcharge will be applied.

The sun breaks from behind the clouds, warming the lands touched by the cold and banishing the snow. Like the breaking sun above, the Coronation of the Royal Heirs warms our heart with the knowledge that our mighty lands and Royal line continues, a tradition of strength stretching back to ancient days. Come join the Barony of Unser Hafen and our mighty Kingdom as we welcome the newest Crown and heir to that grand tradition in a style befitting Their rank. The Saturday site opens at 10am and closes no later than 9pm. This is a dry site. No chairs from the site may be taken outside. See the May Outlandish Herald or the web site for information on the Sunday site.

Directions: Take the King's Highway to Colorado exit 257A onto US-34 East. Continue East towards Greeley. Turn right on 35th Avenue and the site will be on the left in less than a quarter mile.

Autocrat: CWL Nikolaos Demetriou ho Toxotes
(Dan Bradow)

182 21st Ave, Greeley CO 80631-1732

970-356-0943

fencer_dan@yahoo.com

Grand Outlandish Tournament XXXV

Barony of al-Barran

May 21-26, 2008

Greetings and Welcome to Grand Outlandish Tournament XXXV! The high seas are calling you to al-Barran! Join us for some Outlandishly nautical adventures as we take to the seas in search of glory, fame and, of course, booty. Pirates, privateers and all honest sea-faring folk are welcome to partake in the Grandest adventure yet!

To ease your paperwork at gate ...

You MUST pre-register.

Please check out the website

<http://www.al-barran.org/GrandOutlandish/prereg.php> and look at the Pre-registration page for more information.

Fees for Outlandish: *(Two Adults (18+) and any children under the age of 18 they are responsible for on site. Non-member Surcharge for Adults (including adults included in the family cap) - \$3)*

Wednesday, May 21, 2008

(Pre-Registration Required!)

Adults (18+) - \$25 • Youth (6-17) - \$15 • Children (0-5) - Free
Family Cap (Pre-Registration Required!) - \$65

Thursday, May 22, 2008 - Saturday, May 24, 2008

Adults (18+) - \$20 • Children (6-17) - \$10 • Children (0-5) - Free

Family Cap (Pre-Registration Required!) - \$50

Sunday, May 25, 2008 - Beginning at 8am

Guest Rates: Adults (18+) - \$10 • Children (6-17) - \$5

Children (0-5) - Free

Autocrat: *EWL J. E. Whoreschum*

GOT_Autocrat@al-barran.org

Quest for Valhalla

Friday, June 27 - Sunday, June 29, 2008

Site Opens: Noon • Site Closes: 3pm

Cedro Peak Campgrounds

11776 Hwy 337, Tijeras, NM 87059

Site is WET

Fees: \$10, 13 years and older • \$5, 5 - 12 years

Free, 0 - 4 years • \$3 non-member fee

The Norse Gods have come to life and are running free through the green hills of al-Barran. In the ways of the old there will be much to do this summer weekend. A QUEST like no other has been planned for all to enjoy. For those who are all about the fighting there will be a Rapier Tournament, Heavy Tournament as well as an Archery Tournament just in case you thought there would be nothing to do. Along with questing, fighting, and much revelry, there will be a most wondrous feast Saturday evening that will leave no one hungry. There will also be a delicious and helpful brunch served Sunday morning. Please contact the food coordinators below with any allergy concerns.

Directions: From Albuquerque proceed East to Exit 175 Tijeras. Continue South on Highway 337 4 1/2 miles to Juan Tomas Road. Turn East on Juan Tomas for 1 mile until the junction of Forest Road 252. Proceed North on Forest Road 252 approximately 1 mile and follow signs to Cedro Peak Campground.

Autocrat: *Ed Lady Bronuven Blackwel*

505-550-4875

LdyBlackwell@yahoo.com

Deputy Autocrat: *Lady Kimberly Blackwood*

Snobunny0@aol.com

505-872-2994

Lonely Mountain Defender

Shire of Drygestan

July 10-13, 2008

Graduation Flats

Forest Road 289, Los Alamos, NM 87544

Site opens Thursday at 12:00pm and closes Sunday at 5:00pm.

Site Fee: \$20.00 for adults (ages 17+)

(+\$3.00 non-member surcharge, if applicable)

\$5.00 for children ages 3 to 16

Please make checks payable to SCA, Inc. - Shire of Drygestan

Greetings, all good Gentles and be of good cheer for the great Lonely Mountain Defender draws nigh! Enjoy days of frivolity, fighting and fun in the lovely high mountain meadow. Lonely Mountain is at an elevation of approximately 9,500 feet. Be prepared for hot afternoons, occasional rains, and cold nights. There is no water on site so be sure to bring plenty. The US Forest Service will set fire restrictions, if any, at the time of the event. As in years past, please stay updated on the Forest closures and event news on our website (www.drygestan.outlands.org). Our camping is restricted to the meadow-side of the road (as in years past). There will be no merchanting. As in years past, the back-road is permanently closed.

Directions: Take State Road 502 from 285/84 (at Pojoaque) towards Los Alamos. Take the White Rock exit. Turn right at the first stoplight. Continue straight through the many stop lights in Los Alamos until the NM 4 junction. Turn right on NM 4 to Forrest Road 289. Make the turn left and follow this road for several miles. The sight is on the right. From Albuquerque: Exit I-25 onto Rt. 44 to San Ysidro. Turn Right onto NM 4 though Jemez springs. Shortly after the caldera turn right on Forest Rd 289; follow this road for several miles, the sight is on the right

Autocrat: *Edw. Lady Maimuna al-Bukhariyya (Katie Daniel)*
thlmaimuna@gmail.com

Subscribing to The Baronial Shaft:

Subscriptions are available for \$10.00 per year.
Please make checks (or money orders) payable to
"SCA al-Barran" and send them to:

Baronial Shaft
P.O. Box 27676
Albuquerque, NM 87125

Please include the following information when you mail in
your subscription payment:

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Mundane Name: _____

Address: _____

Phone Number*: _____

Email*: _____

**Phone Number and Email are optional, but will make it much easier for me to contact you if I have problems or questions concerning your subscription.*

If you move, or need to update your contact information, please contact me immediately with your new mailing address information. I am reachable by email at chronicler@al-barran.org.

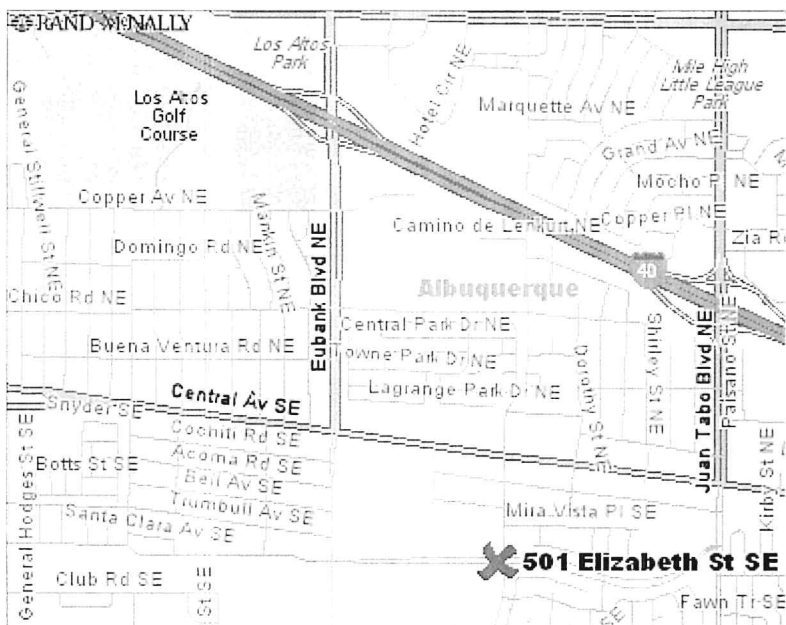
**IF YOU HAVE A SUBSCRIPTION, PASS THIS
FORM ONTO A FRIEND!**

Citizen's Meeting

The Citizen's Meeting is located at the Manzano Mesa Multigenerational Center, 501 Elizabeth St SE, Albuquerque, NM. The meeting is held on the 3rd Tuesday of every month beginning at 6:30 pm. The next meeting will be on May 20th. Please contact the Seneschal, Sir Seth Williamson of Exeter at seneschal@al-barran.org for further information.

Driving Directions:

Take I-40 to the Eubank Blvd exit (No. 165). Turn south onto Eubank Blvd. Continue on Eubank Blvd past Central Avenue. Turn left onto Southern Avenue. The Manzano Mesa Multigenerational Center is at 501 Elizabeth St SE, Albuquerque, NM at the corner of Southern and Elizabeth.



Copyright Information

Artwork and Photos in this issue: Cover and additional art by FCIT

Web Sites

<http://www.al-barran.org>

<http://www.outlands.org>

<http://www.unm.edu/~sca/index.html>

<http://www.sca.org>

Discussion Lists

al-Barran@yahoo.com

blaiddwyn@yahoogroups.com

outlands@yahoo.com

Music Dance@yahogroups.com

al-Barran Youth and Parents@yahoo.com



The Baronial Shaff
P.O. Box 27676
Albuquerque, NM 87125

NEW DEADLINE!

**Articles and artwork for the
June Shaff are due
Friday, May 16th.**

01-May-08
Jeff Phipps
10128 Menaul Blvd NE Apt N13
Albuquerque NM 87112



8711232347 0001

